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Vancouver metro

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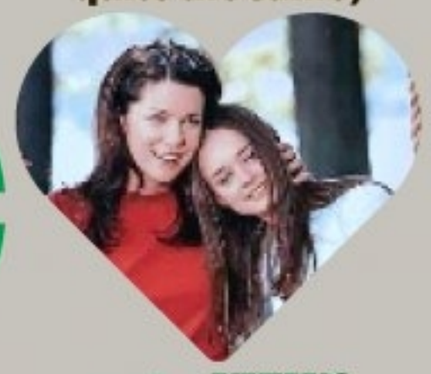

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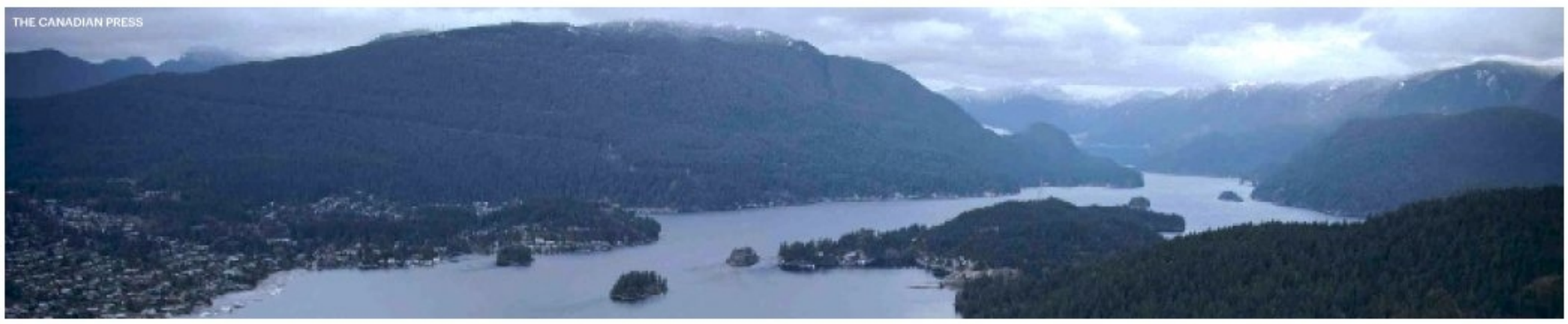

'BETRAYAL' OF B.C.

Outrage flows as Trudeau approves twinning of Trans Mountain pipeline

metroNEWS

Plus **Pipe*landia*: The fight is 'not over yet'**

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metro NEWS

Your essential daily news

Here comes the Bide: VP visits Trudeau in Ottawa next week. **Canada**

Pipeline opponents reeling

TRANS MOUNTAIN

Widespread outrage after prime minister gives the nod

Matt Kieltyka
Metro | Vancouver

British Columbians have been betrayed by Prime Minister Justin Trudeau's approval of the Kinder Morgan Trans Mountain pipeline, critics seethe.

Burnaby-New Westminster MP Peter Julian called Tuesday's decision by the federal government a broken Liberal election promise to fix the way energy projects are evaluated and to get social licence before approving pipelines.

"He's pushing through a pipeline with no social licence. I think most British Columbians, particularly those who voted Liberal believing Mr. Trudeau's promises, will feel a profound sense of betrayal today," said the New Democratic Party representative. "Having come to B.C., having made commitments that he just so clearly broke … to First Nations, to the people of the Lower Mainland, to municipalities … I think his own credibility is in tatters."

In approving the $6.8 billion pipeline expansion from Edmonton to Burnaby — which will increase oil tanker traffic in the Burrard Inlet by seven times — Trudeau risks soiling his relationship with First Nations and political leaders in British Columbia.

Prime Minister Justin Trudeau approved the $6.8-billion Trans Mountain pipeline twinning on Tuesday. COURTESY TRANS MOUNTAIN

> **As long as Kinder Morgan respects the stringent conditions put forward by the National Energy Board, this project will get built.** Prime Minister Justin Trudeau

"Vancouver's work with the federal government on transit, housing, welcoming refugees and other shared priorities has been overwhelming positive, but approving Kinder Morgan's heavy oil pipeline expansion is a big step backwards for Canada's environment and the economy," said Mayor Gregor Robertson, who has enjoyed a friendly relationship with Trudeau, in a statement. "I — along with tens of thousands of residents, local First Nations, and other Metro Vancouver cities who told the federal government a resounding 'no' to this project — will keep speaking out against this pipeline expansion."

Union of B.C. Indian Chiefs Grand Chief Stewart Philip also called the decision a betrayal.

"We are outraged with Prime Minister Trudeau's cavalier '50/50' announcement, and with the sheer audacity of his refusal to acknowledge the serious erosion of Indigenous rights and the extreme impacts on climate change that will certainly result from (Trans Mountain)," he said.

The provincial government took a more neutral tone.

"In anticipation of a federal decision, our government has been consistent in fighting for British Columbia with the five conditions for any new or expanded heavy-oil pipeline," said B.C. Environment Minister Mary Polak. "That remains the case today, and we will work to ensure each of our conditions are met."

Trudeau accepted his announcement to approve the Trans Mountain expansion — while also rejecting the Enbridge Northern Gateway project once and for all, and keeping a moratorium on tanker traffic off the north coast of B.C. in place permanently — would be hard to swallow for some, especially in B.C.

"We respect that and we respect their right to hold and voice their beliefs," Trudeau said of opposition to the project. "If I thought this project was unsafe for the B.C. coast, I would reject it. This is a decision based on rigorous debate, on science and on evidence. We have not been and will not be swayed by political arguments, be they local, regional or national."

Trudeau said the Kinder Morgan approval, which includes 157 binding conditions set out by the National Energy Board, would create 15,000 new middle-class jobs.

"And as long as Kinder Morgan respects the stringent conditions put forward by the National Energy Board, this project will get built — because it's in the national interest of Canadians, because we need to get our resources to market in safe, responsible ways, and that is exactly what we're going to do," he said.

WITH FILES FROM THE CANADIAN PRESS

B.C. REACTS

"This is not the end-all to this pipeline issue. It's unfortunately the beginning of a long road. It doesn't change our opposition whatsoever." Charlene Aleck, Tsleil-Waututh Nation Sacred Trust Initiative

"The federal government is doubling down on continued reliance, and indeed expansion, of Canada's oil industry. It's pretty much a sure thing that there will first be lots of litigation and I expect we will see a lot of protests in the streets." Kathryn Harrison, UBC climate policy expert

"Approving this project flies in the face of both provincial and federal commitments to reconcile with Indigenous British Columbians and First Nations communities. It undermines our climate change goals, and threatens our endangered resident orca population." John Horgan, B.C. NDP

"(The project) will provide a $6.8-billion injection into Canada's economy, including … tax revenue that will help pay for the public services that we all rely on. Here in Greater Vancouver, the project will generate more than a billion dollars in construction spending, create thousands of high-paying jobs, and help attract new investment to our region." Iain Black, Greater Vancouver Board of Trade

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PIPELANDIA

'It is not over yet': Landowners

Ottawa's approval of the Trans Mountain expansion has landowners calling for more proof of safety. This is the third in Metro's series on B.C.'s pipeline conditions.

DAVID P. BALL/METRO

"If I thought this project was unsafe for the B.C. coast, I would reject it."

Prime Minister Justin Trudeau's words on Tuesday — upon approving Kinder Morgan's Trans Mountain pipeline expansion — echoed the company's own reaction shortly after.

Kinder Morgan Canada president Ian Anderson said the project had "evolved substantially as a result of the scrutiny it has undergone and the input received," he said in a statement. "No voice has gone unheard."

But for long-time Burnaby, B.C. resident Mary Hatch, Trudeau's words rang hollow.

"He's just being political, because it isn't safe," the 70-year-old retiree told Metro. "If it's not safe on the North Coast, it's not safe here either."

Hatch, a resident of Burnaby's Westridge suburb for four decades and mother of two 20-somethings, has learned more than she ever expected about oil pipeline safety. Nine years ago, on July 24, 2007, her Inlet Drive home was drenched in oil, pluming up to 12 metres into the air from the Trans Mountain Pipeline roughly 100 metres away — ruptured by a contractor who wasn't aware it was there. She wasn't either.

"I was eating my lunch and a firefighter came to my door," she told Metro in a phone interview. "He said, 'Evacuate immediately — there's been an oil spill'.

"I had no idea what he was talking about. I went out on to my sundeck and the stairs, the handrail, everything, was covered in wet oil. I didn't know how it got there. I had no idea at that point I lived on the pipeline. I lived there 40 years."

She and 250 others were forced out of their neighbourhood, a few for months. A judge later deemed the 225,000-litre spill an accident, and Kinder Morgan paid $150,000 in addition to the millions it spent on months of clean up.

But the Texas energy giant said the accident was human error and could not happen again because of safety measures across its 1,150 kilometres of Trans Mountain pipeline from Edmonton to Burnaby.

In 2012, Premier Christy Clark announced any pipeline would need to satisfy five conditions (see sidebar), the third being "world-leading" oil spill response on land. The company said it has such measures in place; critics counter that it significantly underestimated the probability of a "high consequence" incident along its route.

The company recently featured on its blog an interview with 97-year-old Arne Bryan, one of the original surveyors of the pipeline route, who for 25 years had Trans Mountain cross his own former property in Surrey.

But claims of existing safe operations are concerning for some farmers in the Fraser Valley.

An official looks into the hole where an excavator punctured a pipeline causing an oil spill in Burnaby in 2007. THE CANADIAN PRESS

"It's actually had 82 reportable spills over its lifetime," said Suzanne Hale, a retired former farmer in Chilliwack who lives at Yarrow Ecovillage Organic Farm and its attached community of roughly 100 people.

The property for decades has also hosted an easement for the existing Trans Mountain pipeline, and is poised to lose five acres more of its farmland if the expansion proceeds.

Hale told Metro the increase in bitumen through the pipeline is unacceptably risky, because of the chemicals used to dilute the thick oil sands bitumen. "If there were a spill it would off-gas and would be a danger to the farmers immediately, and the 100 people in the ecovillage," she said.

Asked about Trans Mountain's promises to improve its pipeline's safety features beyond what's required, including better testing and more inspections, Hatch said the "surreal" incident she experienced in 2007 is a reminder that human error is unpredictable.

"The excavator hit the pipe because they didn't know where it was," she said. "Life goes like this: There are accidents, there are human errors, this is what happens.

"But it is not over yet."

ABOUT THIS SERIES

B.C.'s five conditions in July 2012, after protests against another proposal: Enbridge Northern Gateway

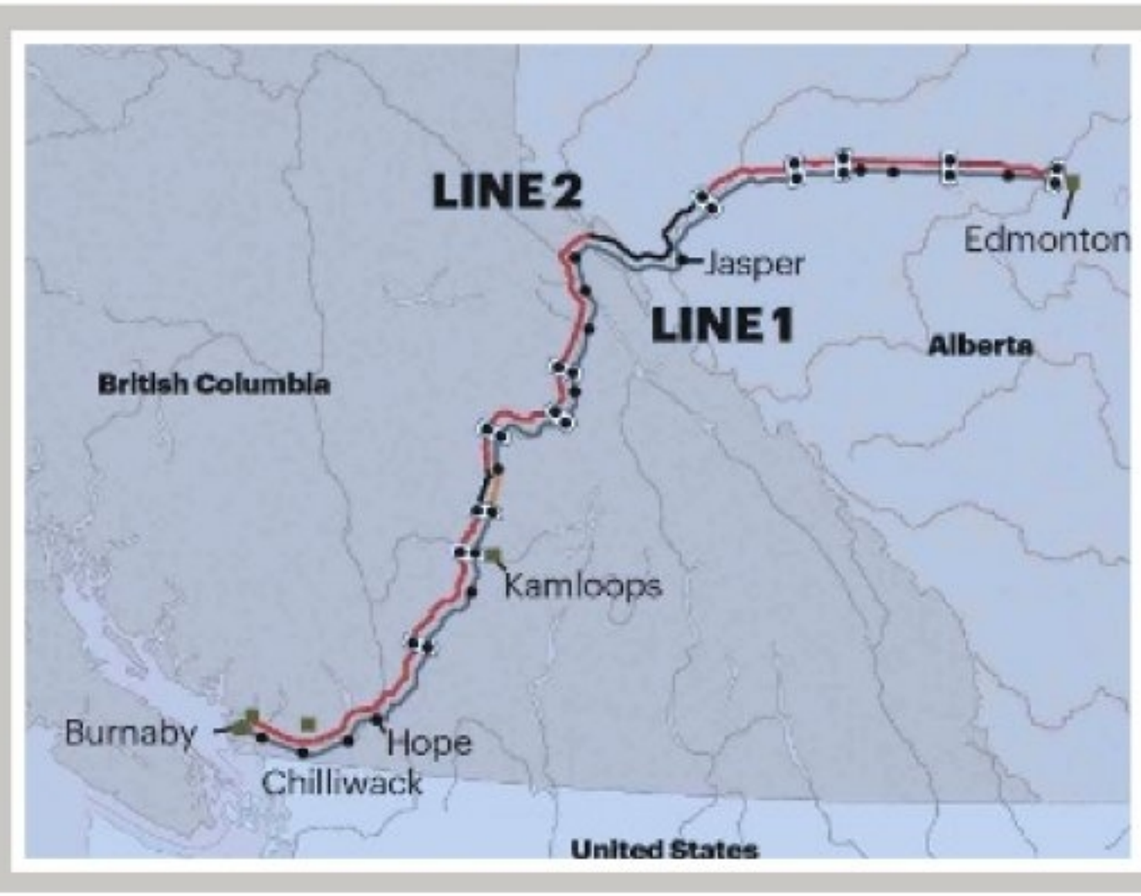
MONDAY 1. Complete environmental review process.
TUESDAY 2. Safeguard B.C. coast with "world-leading" marine oil spill measures.
WEDNESDAY 3. Reduce and manage risk of oil spill from pipeline over land.
THURSDAY 4. Address legal obligations to Aboriginal and treaty rights, and indigenous benefits.
FRIDAY 5. B.C. gets "fair share" of economic benefits, reflecting "risk borne" by taxpayers and environment.

READER FEEDBACK
Tell us what you think about the proposed by emailing Vancouver@metronews.ca

MAPPED

A map of the Trans Mountain pipeline's 1,150-kilometre route from near Edmonton, Alta., to Burnaby, B.C. The grey line is the existing route, most of it operating since 1953. The red line represents its proposed twinning for the Trans Mountain Expansion Project, which Prime Minister Justin Trudeau approved Tuesday.

- Existing pipeline on Line 1
- Existing pipeline on Line 2
- New pipeline
- Reactivated pipeline
- Adjacent located pump stations
- Pump station
- Terminal



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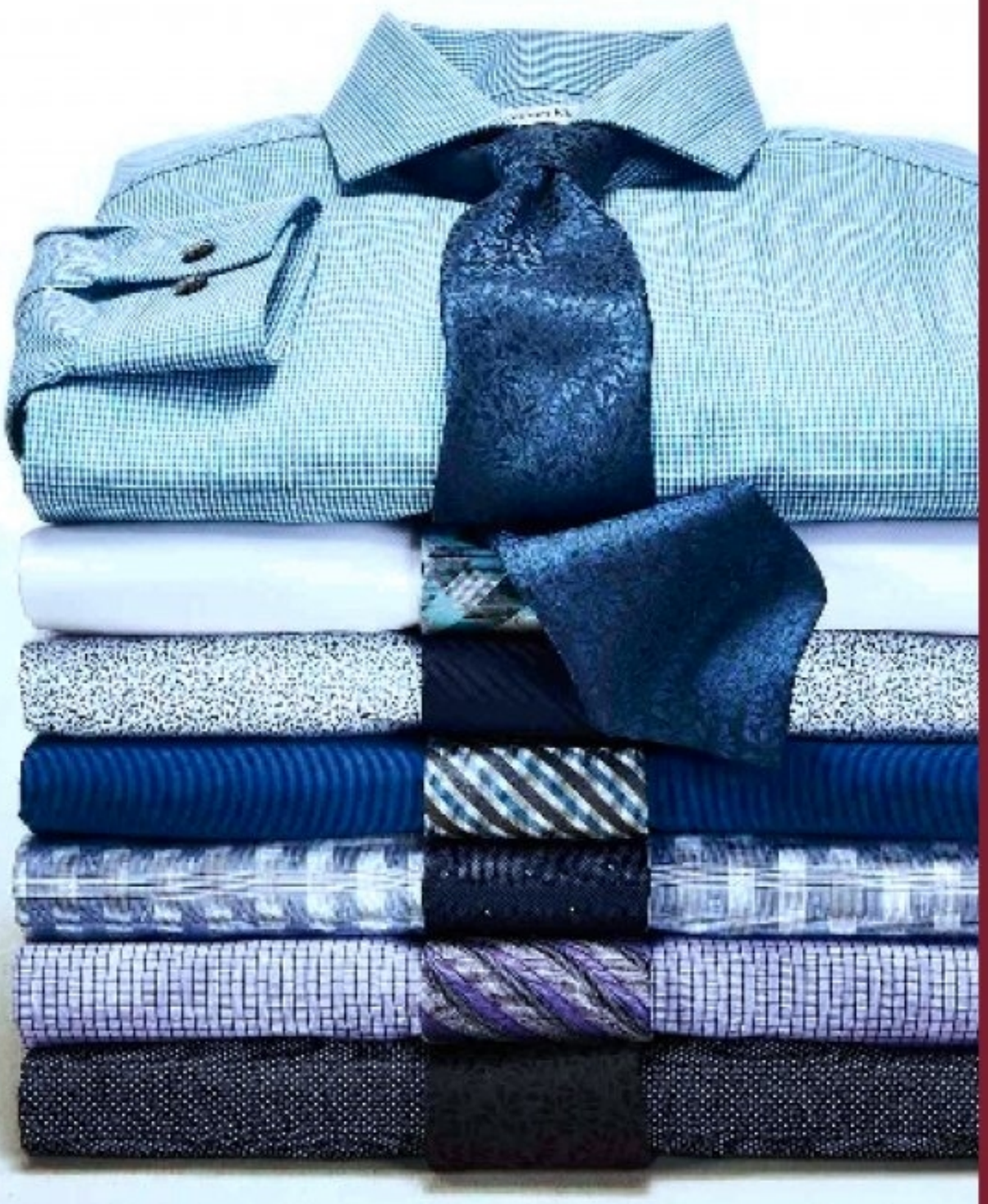

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Keep hands off, say transit posters

SEXUAL HARASSMENT

Police chief backs change of message

Jen St. Denis
Metro | Vancouver

A new transit safety campaign targets men who sexually assault or harass women on public transportation, telling them to "keep your hands to yourself."

"This poster is aimed at the offender," said Doug LePard, chief of the Transit Police. "Women are given enough responsibilities by asking them to be constantly aware, on guard and to take the initiative to report the suspects and offences."

It's a change in the message from Metro Vancouver Transit Police, which previously focused on encouraging women to report sexual assault and harassment. Those efforts included an awareness campaign directed at female ESL students and a text number and an app that women can use to discreetly report incidents to police and get an immediate response.

"This is always the thing, whenever we talk about violence against women: how do we have that conversation that holds offenders accountable, that does not victim-blame," said Angela Marie MacDougall, executive director of Battered Women Support Services. BWSS was one of the organizations that worked with the Transit Police for four years to develop the poster campaign.

"All levels of our society are in that process of learning about violence against women. There are a lot of myths." So far this year 288 sex crimes have been reported to the Transit Police, compared to 342 reports in 2015.

Angela Marie McDougall, executive director of Battered Women's Support Services, is for the new ads. JENNIFER GAUTHIER/METRO

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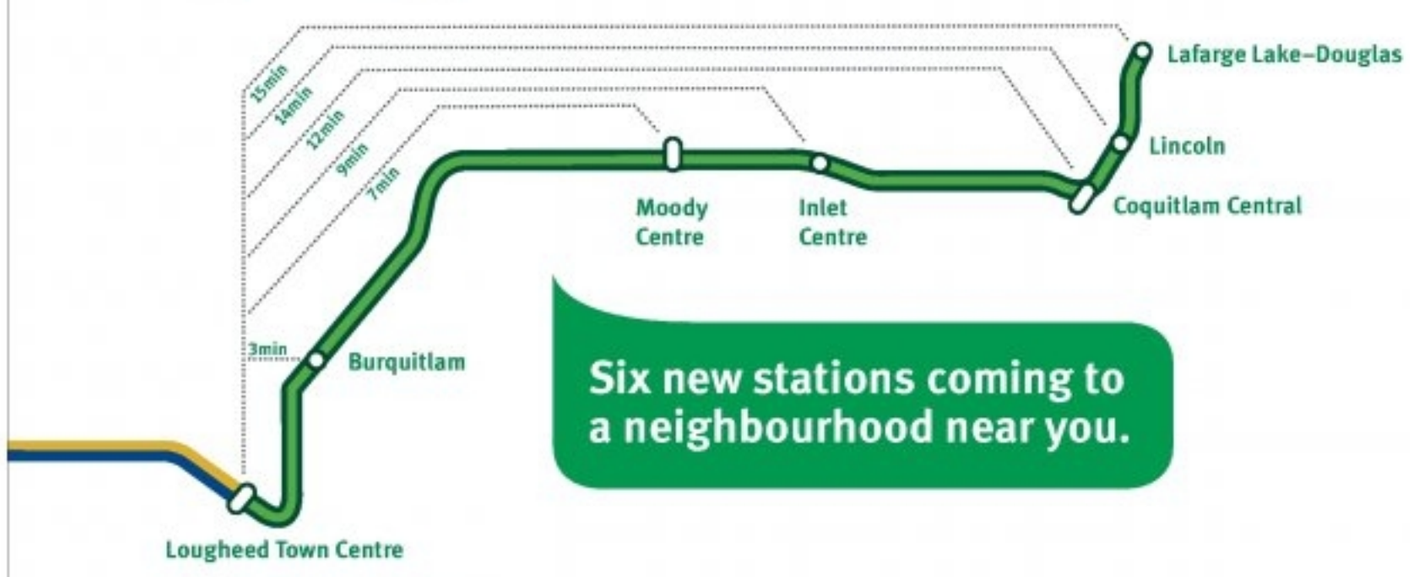
Evergreen means go.



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NOBEL LAUREATE

B.C. woman one of 16 honoured activists

David P. Ball
Metro | Vancouver

A 28-year-old Indigenous advocate from northern British Columbia has been named one of 16 activists selected by the Nobel Women's Initiative, a group of Peace Prize laureates.

Helen Knott, a Fort St. John resident and University of Northern B.C. Master's student, was recently featured in Metro for speaking about Indigenous women impacted by resource development projects in the province's north. She's the only featured activist from Canada this year.

"Just knowing I'd been nominated, I had a good cry," the Prophet River First Nation member told Metro in a phone interview. "I was really grateful and humbled. It was nice to see that acknowledgement. That is what we've been struggling for."

Knott appeared at the release of an Amnesty International report that suggested links between increased violence against women and resource projects, such as BC Hydro's Site C dam which is set to flood parts of her First Nation's traditional territories, part of Treaty 8.

"It's usually small things that give me the greatest hope," she said. "It sounds simple, but as a mother spending time with my family pushes me forward, and spending time in the community with young people."

> **Just knowing I'd been nominated, I had a good cry.**
> Helen Knott

The initiative, founded by women who won the Nobel Peace Prize, chose the 16 advocates and is unveiling them one-by-one in the fortnight between Nov. 25 — International Day for the Elimination of Violence against Women — and Dec. 10, International Human Rights Day.

Helen Knott METRO

IN BRIEF

Carfentanil detected in overdose death

The most toxic opioid available, carfentanil, has been detected at the scene of the overdose death of a Vancouver man this month.

The BC Coroners Service says it is the first time carfentanil has ever been found at the scene of death in British Columbia, though it's not known whether the synthetic opioid was the cause of death. The victim, 39, was found dead in an east Vancouver home Nov. 17. MATT KIELTYKA/METRO

Higher tax revenues help boost B.C. bottom line

B.C.'s finance minister says a boost in personal income tax revenue contributed to increasing the province's bottom line for the second quarter.

Mike de Jong said income tax revenue was up by $200 million, provincial sales tax income increased by $74 million and other taxes added $17 million to the province's coffers for the 2016-17 fiscal year. THE CANADIAN PRESS

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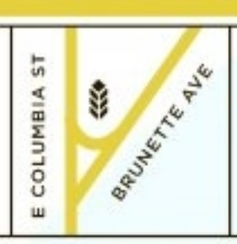

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Female recruitment flounders

The Canadian Armed Forces aimed to boost the number of women in the ranks by one per cent a year until its goal of 25 per cent had been met. COURTESY SGT. MATTHEW MCGREGOR

ARMED FORCES

Report finds military has no strategy to meet 25% goal

Canada's military is moving women to the top of the recruiting line as part of its effort to bring more gender balance to its uniformed ranks.

The announcement came Tuesday after the auditor general concluded that the military's aspiration of having women make up 25 per cent of its personnel within the next decade appeared to be just that — a dream with no strategy to actually accomplish the goal.

Gen. Jonathan Vance, the chief of defence, announced earlier this year that the Canadian Armed Forces would boost the number of women in the ranks by one per cent a year until the goal of 25 per cent had been met.

But a report by the auditor general of Canada found that the military lacked a strategy to actually achieve that target.

"While some efforts were made to attract women, no special recruiting program was developed for that purpose," the report said.

But on Tuesday, the general in charge of military personnel said there was a strategy ready to recruit more women and improve recruiting overall.

"To increase the representation of women in the women applicants who meet the required entry standards will go to the head of the queue," Lt.-Gen. Christine Whitecross, commander of Military Personnel Command, said in a statement.

TORSTAR NEWS SERVICE

ATTORNEY GENERAL REPORT

Some key findings:

- The Canada Revenue Agency takes too long to respond to objections to its income tax decisions
- Transport Canada has no way of assessing the potential security improvements resulting from a $133-million baggage screening technology initiative.
- The CRA also fails to adequately analyze or review decisions on objections and appeals.

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Pilot 'will be forever missed'

Capt. Thomas McQueen
CANADIAN ARMED FORCES IMAGERY

A pilot killed when his CF-18 fighter jet crashed during a training exercise near the Alberta-Saskatchewan boundary is being remembered as a dedicated airman who served overseas and once helped escort Santa on a Christmas delivery mission.

Capt. Thomas McQueen, 29, from the Hamilton, Ont., area, had been with the military for a decade and was engaged to be married.

He was a member of 401 squadron at 4 Wing Cold Lake in northeastern Alberta.

"I can tell you first-hand how much of an incredible person he was and that he was dedicated to the service of Canada," Col. Paul Doyle, commanding officer of the base, told reporters Tuesday.

Doyle said he had been one of McQueen's instructors and had tremendous respect for the pilot. "His energy and dedication caused him to be recognized as the leader among his peers. He will be, and is, forever missed."

THE CANADIAN PRESS

IT'S BIDEN TIME IN CANADA

Outgoing U.S. Vice-President Joe Biden will be making an official visit to Ottawa next week. Biden will meet Prime Minister Justin Trudeau while in Canada from Dec. 8-9.

"I look forward to meeting with Vice-President Biden and discussing the strength of our two countries' relationship," Trudeau said.

HALEY RITCHIE/METRO OTTAWA

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COLOMBIA

Soccer world mourns loss of Brazilian team

Colombian authorities searched for answers Tuesday into the crash of a chartered airliner that slammed into the Andes mountains while transporting a Brazilian soccer team whose Cinderella story had won it a spot in the finals of one of South America's most prestigious regional tournaments. All but six of the 77 people on board were killed.

The British Aerospace 146 short-haul plane declared an emergency and lost radar contact just before 10 p.m. Monday, according to Colombia's aviation agency. It said the plane's black boxes had been recovered and were being analyzed.

Whatever the cause of the crash, the emotional pain of Colombia's deadliest air tragedy in two decades was felt across the soccer world.

Expressions of grief poured in as South America's federation cancelled all scheduled matches in a show of solidarity, Real Madrid's squad interrupted its training for a minute of silence and Argentine legend Diego Maradona sent his condolences to the victims' families over Facebook.

Brazil's top teams offered to loan the small club players next season so they can rebuild following the sudden end to a fairy-tale season that saw Chapecoense reach the tournament final just two years after making it into the first division for the first time since the 1970s. "It is the minimum gesture of solidarity that is within our reach," the teams said in a statement.

Sportsmanship also prevailed, with Atletico Nacional asking that the championship title be given to its rival, whose upstart run had electrified soccer-crazed Brazil.

Rescuers working through the night were initially heartened after pulling three people alive from the wreckage. But as the hours passed, heavy fog and stormy weather grounded helicopters and slowed efforts to reach the crash site.

THE ASSOCIATED PRESS

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Abdul Razak Ali Artan was identified as the Ohio State student who was shot to death Monday after he ran his car into a crowd at Ohio State University. THELANTERN.COM/THE ASSOCIATED PRESS

Daesh hails Ohio State attacker

COLUMBUS

Somali-born student claimed by terror group as 'a soldier'

The Somali-born student who went on a car-and-knife rampage at Ohio State University railed on Facebook against U.S. interference in Muslim lands and warned, "If you want us Muslims to stop carrying lone wolf attacks, then make peace" with Daesh, a law enforcement official said Tuesday.

The posts from Abdul Razak Ali Artan's account came to light after Monday's violence, which left 11 people injured. "America! Stop interfering with other countries, especially the Muslim Ummah. We are not weak. We are not weak, remember that," he wrote, using the Arabic term for the world's Muslim community.

He also warned that other Muslims are in sleeper cells, "waiting for a signal. I am warning you Oh America!"

Artan drove a car up onto a sidewalk and plowed into a group of pedestrians shortly before 10 a.m. He then got out and began stabbing people with a butcher knife before he was shot to death by a campus police officer.

On Tuesday, a Daesh news agency called Artan "a soldier of the Islamic State" who "carried out the operation in response to calls to target citizens of international coalition countries."

Daesh has previously described other attackers around the world as its "soldiers" without specifically claiming to have orchestrated the acts of violence.

Artan was born in Somalia and was a legal permanent U.S. resident, according to a U.S. official who was not authorized to discuss the case and spoke on condition of anonymity.

A law enforcement official said Artan came to the United States in 2014 as the child of a refugee. He had been living in Pakistan from 2007 to 2014.

THE ASSOCIATED PRESS

THAILAND HAS A NEW KING

Thailand's parliament on Tuesday named Crown Prince Vajiralongkorn as king, completing a formal step following the death of his father last month.

The Cabinet submitted Vajiralongkorn's name to the National Assembly after a brief meeting, where he was formally acknowledged as the new monarch.

"I would like everyone to stand up and give their blessings to the new king," said National Assembly president Pornpetch Wichitcholchai.

THE ASSOCIATED PRESS

metro VIEWS
Your essential daily news

PHILOSOPHER CAT by Jason Logan

JESSICA ALLEN ON THE PITFALLS OF REBOOTS

It's good to be back in Stars Hollow, the fictional town the original Gilmore Girls was set in, but it's not quite the same.

I headed straight to the grocery store on Friday after work to pick up provisions for devouring the new Gilmore Girls miniseries on Netflix. Judging from the congestion in the baked goods aisle — and the lack of Pop Tarts — others had the same idea.

Judging from social media chatter and think-pieces, there's near consensus: The four-episode-long A Year In the Life is a little like cold pizza. It is good, because it's pizza. Sometimes cold pizza even tastes better than hot pizza. But it's still…cold pizza.

In other words, it's good to be back in Stars Hollow, the fictional town the original series was set in, but it's not quite the same. Although the title characters, Lorelai and Rory Gilmore, are still wearing their circa-2003 getups: flared jeans and knee-high boots with jersey wrap dresses finished off with cropped jean jackets. And they still wildly gesticulate while holding empty extra-large takeout coffee cups.

But complaining, a sport conducted around water coolers on Monday morning, is half the fun: Why did the show's creator, Amy Sherman-Palladino, let her husband and collaborator Daniel include that musical interlude? That was 10 valuable minutes that could've been spent on a shirtless Jess (one of Rory's love interests, played by Milo Ventimiglia), or on Rory's best friend Paris Geller, whose meltdown in her old private school's washroom is the funniest in the miniseries.

These are observations from a novice. My partner Simon and I started watching the original series, which aired from 2000 to 2007, just two years ago. He'd convinced me to give Nymphomaniac, the 4-1/2-hour sex apocalypse by the premier poet of cinematic doom Lars von Trier, a go. He fell asleep 20 minutes in. When he woke I was 10 minutes into the pilot of Gilmore Girls. It was a long winter.

I'm actually envious of the die-hard fans, including many who have seen the entire series six or seven times. They tend to be young women who watched the show with their parents when it aired. Their repeat visits to Stars Hollow, where not much goes wrong, are steeped in nostalgia. (That same sense of comfort and security was provided by the Anne of Green Gables miniseries for me.)

Three young women at my office actually said they went to journalism school because Rory Gilmore did. Another said that whenever she rewatches now, the cultural references that were famously packed into the original series resonate more deeply.

The reboot is swimming in such references. There's pop — think Kardashians, Game of Thrones and Goop — and highbrow films like the Coen Brothers' Inside Llewyn Davis and Paul Mazursky's An Unmarried Woman, which Kelly Bishop, who plays Gilmore matriarch Emily, was actually in back in 1978.

Speaking of the Gilmore grandmother, she's given the best story arc, the best wardrobe and the best lines. After Richard, her husband of 50 years, suddenly dies, she realizes her big house, the country club and the Daughters of the American Revolution are all nonsense.

"I can't spend any more time on artifice and bulls–," she says. When she moves to Nantucket and buys a house the previous owners named "Clam Shack," she says, "I guess Vagina House was taken."

Coincidentally, Rory Gilmore reads Moby Dick, partially set in Nantucket, in the show's original pilot. Emily ends up as a guide at the whaling museum there.

Self-referential full circles are hammered home elsewhere. The pilot ended with an ultimatum: Emily and Richard promise to pay for Rory's private high school, only if she and Lorelai agree to come once a week for dinner.

It ends with another: Emily will pay for the expansion of Lorelai's inn only if she and Luke promise to visit Nantucket for two weeks every summer and a week at Christmas.

Even the last four words in the reboot are, in a sense, a continuation of the cycle, although it certainly isn't the ending that most of us expected.

Part of me wishes the creators ended things by squeezing in one more pop culture reference — a tip of the hat to the ambiguous finale of the greatest television show ever created (the Sopranos). Have Rory and Lorelai meet at Luke's Diner. The misfits of Stars Hollow file in. And just as a Journey, or maybe a Steely Dan song plays, they cut to black.

We don't need the CBC to bail out other media

Vicky Mochama
Metro

It's rather odd for the barons of the printed press to blame the CBC for their difficulties. Despite several years of devastating cuts and losses, five senior executives at Postmedia received a total of $2.3 million in retention bonuses.

For what they are being retained remains unclear. Yet they — and their equivalents at other major outlets — have the audacity to wander onto Parliament Hill begging for mercy.

Over the past few years, declining subscriptions, the Internet and lower advertising revenue have hit the nation's newspapers hard. They might soon only afford a small staff of interns to yell the news in your local town square.

The heads of the newspaper business have told Parliament's heritage committee that the CBC is to blame.

The CBC has made a number of changes, from running digital ads to launching an opinion section that has diversified the range of white people paid to have opinions.

Our public broadcaster behaved like a ruthless media company, which other media companies apparently did not realize was an option. These changes, they say, have hampered the ability of newspapers to sell advertising. It hasn't come up that the websites of many major newspapers look like a scanned pdf. And the existence of adblockers seems to have escaped their attention.

Up against this finger-pointing, the CBC has responded that it's only too happy to get out of the advertising game. For $418 million, it will go ad-free like its BBC counterpart. Not only is it a clever bit of ransoming, it's an excellent response to every criticism levelled at the network.

Think the CBC should get out of the opinion game? Cut a cheque for $20 million and no one there will ever use an "I feel" statement ever again.

Think the CBC's coverage of hockey and the Olympics is terrible? Drop $88 million at its Toronto headquarters. In no time, it'll be "Ron McLean? Who? Haven't heard that name in years."

Think the broadcaster shouldn't even be on the Internet? Put out the collection plate for $133 million, and soon we will have the world's most impressive publicly funded fax machine.

The numbers here are my guess, but I'm sure the CBC could offer up a more accurate price list.

Hell, for a gold Starbucks card and two tickets to the musical Hamilton, the CBC might get out of the news business altogether.

For an unwieldy bureaucracy, the CBC has managed to outfox the private companies. If its ad-free gamble works, it will exit the diminishing returns of the advertising world with a solid financial base. And at a much lower $400K salary, CBC president Hubert Lacroix got his multi-millionaire nemeses to make his argument for him.

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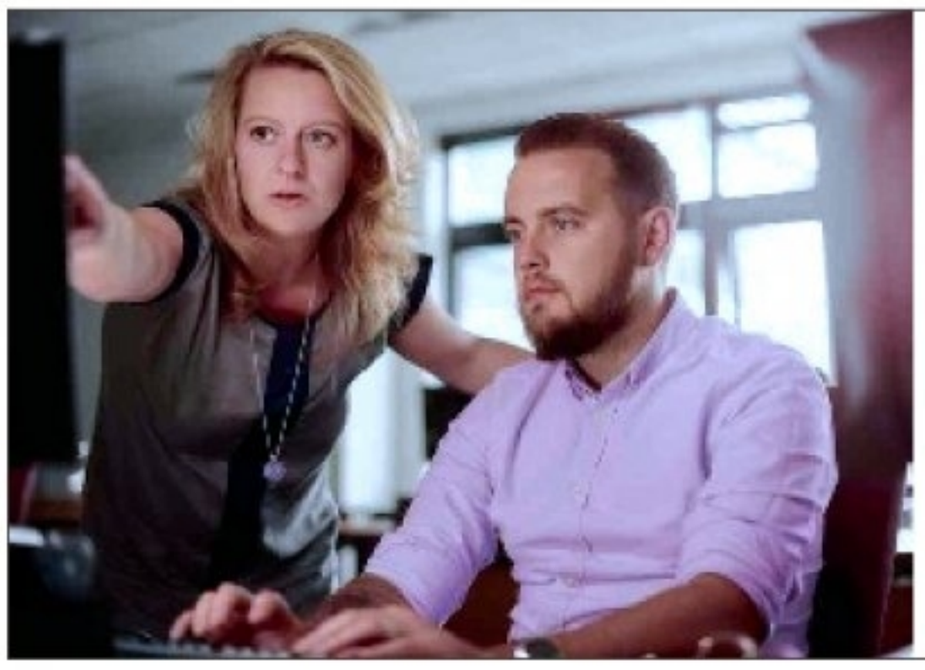

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Bird-and-beer events latest trend among hobbyists

Your *classic* chocolate chip cookie

(plus two other sweet treats to see you through Christmas)

BAKING

Get set for the holidays with these recipes

Karon Liu
Torstar News Service

Chocolate Chip Cookie

Makes about 30 cookies.

This foolproof recipe is adapted from user-generated recipe database Allrecipes.com and has been rated nearly 8,000 times with a 4.5 out of 5-star rating. It has never failed for me. Fun fact: I brought these to a dinner party for British Times restaurant critic Giles Coren and he gave the cookies a thumbs up.

Cookie tip: The temperature of the butter greatly affects the overall look and texture of a cookie. When the butter is mixed at room temperature (it makes a dent when you poke it), it yields a cakey texture. When the butter is melted, it makes for a chewier and flatter cookie.

Ingredients:
- 2 cups (500 mL) unsalted butter, room temperature
- 2 cups (500 mL) granulated sugar
- 1 tbsp (15 mL) molasses
- 2 large eggs
- 2 tsp (10 mL) vanilla extract
- 1 tsp (5 mL) baking powder
- 2 tsp (10 mL) hot water
- 1/2 tsp (2 mL) salt
- 3 cups (750 mL) all-purpose flour
- 2 cups (500 mL) semi-sweet chocolate chips

Directions:

1. Prepare two baking sheets lined with parchment paper or silicone baking mats. Set aside.

2. In a stand mixer with paddle attachment or a large bowl with a mixer, cream butter, sugar and molasses together on medium speed until smooth and fluffy. Turn speed down to low. Add eggs and vanilla. Continue to mix on medium-high speed until well incorporated and fluffy in texture.

3. In a small bowl, dissolve baking powder in water. Add to bowl along with salt.

4. Slowly add flour and mix on low speed until just incorporated and there are no more streaks. Stir in chocolate chips. Do not over mix.

5. Scoop about 1 1/2 tablespoons of dough and roll into a ball. Place on lined baking sheets, leaving about 1-inch between cookies. Repeat with remaining dough. Use back of spatula or palm to slightly flatten cookies.

6. Bake at 350F (175 C) for 15 to 20 minutes until slightly browned on edges but still a bit soft.

7. Let cool for 5 minutes before transferring to wire rack to cool completely. Repeat with remaining dough.

8. Store in an airtight container for up to a week or freeze for up to a month.

Amaretti

Makes 36 cookies.

Amaretti is essentially a flourless Italian cookie, similar to a macaroon but made with almonds rather than coconut. It is crispy on the outside and soft and chewy inside and easy to make. No chilling, no rolling, no decorating. Just scoop dollops of almond paste on to the baking sheet.

This recipe is simplified from Allrecipes.com — I bought ground almonds rather than grinding the nuts.

Cookie tip: When baking with egg whites, stick to whole eggs rather than pre-separated stuff in the carton. Egg whites from actual eggs have a lower moisture content and will easily whip into meringue. Too much moisture and the batter will flatten out.

Ingredients:
- 2 cups (500 mL) ground almonds
- 1-1/2 cups (375 mL) granulated sugar
- 3 egg whites
- 1 tsp (5 mL) almond extract
- Icing sugar or unsweetened cocoa powder, for garnish

Directions:

1. Prepare two baking sheets lined with parchment paper or silicone baking mats.

2. In a bowl, mix ground almonds and sugar. Add egg whites and almond extract. Stir until a smooth, sticky dough forms.

3. Spoon heaping teaspoon-sized balls on to lined baking sheets, leaving about an inch between each ball. Bake at 300F (150C) for 20 to 30 minutes until cookies are golden brown and set.

4. Let cool for 5 minutes before transferring to a wire rack to completely cool. Lightly dust with icing sugar or cocoa powder for garnish.

5. Store in an airtight container for up to 2 days or freeze for up to a month.

Cake Mix Cookies
Makes about 24 cookies.

These cookies made from boxed cake mix (I used Betty Crocker's confetti cake mix) are perfect for people who don't cook.

Ingredients:
- 1 box confetti cake mix
- 2 large eggs
- 1/2 cup (125 mL) vegetable oil
- Sprinkles, for garnish

Directions:
1. Prepare two baking sheets lined with parchment paper or silicone baking mats. Set aside.

2. In a stand mixer with paddle attachment or a large mixing bowl with a mixer, combine cake mix, eggs and oil until well-incorporated.

3. Drop tablespoon-sized balls of mix onto lined baking sheet. Add sprinkles on top. Bake at 350F (175C) on middle rack for 10 to 15 minutes or until edges brown. For fluffier more cakelike cookies, bake on top rack until they rise and brown, about 5 to 8 minutes, then move to bottom rack to complete baking.

4. Remove from heat and let cool on tray for 10 minutes before transferring to a wire rack to cool completely.

These easy Italian cookies require just four ingredients and don't need any rolling or chilling. ALL PHOTOS: TORSTAR NEWS SERVICE

Use boxed cake mix to make these moist cookies.

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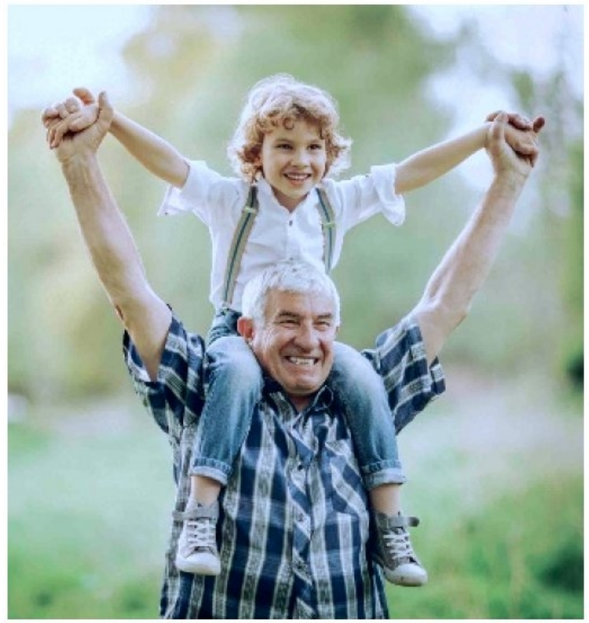

Staying active can mean something as simple as spending the day with the grandkids. ISTOCK

Staying active in retirement

HEALTH AND WELLNESS

Active lifestyle keeps seniors golden in their golden years

Vawn Himmelsbach

One of the worst things seniors can do in retirement is become inactive, a habit that can lead to reclusive behaviour — even depression.

Numerous experts cite the benefits of exercise and active living, from greater strength, endurance and flexibility to better mental health. Studies show that exercise can boost one's mood, improve brain function and even help prevent memory loss.

It can help lower the risk of chronic diseases such as Alzheimer's, diabetes, heart disease, colon cancer and osteoporosis, and may help reduce the impact of chronic diseases by improving immune function.

Staying active in retirement, however, doesn't mean running a marathon (though, for some, it might!). It's about spending a day with the grandkids or handling daily household chores without feeling completely exhausted. If seniors are leading a sedentary life and haven't been regularly active for years (or decades, or ever), experts recommend consulting with a doctor first to make sure a chronic condition — such as back pain or arthritis — won't be made worse.

The biggest challenge, though, is staying motivated. Retirees should find activities they enjoy that they can easily incorporate into daily life. Walking is always an option; it doesn't cost anything, doesn't require special equipment and can be done almost anywhere (with friends and loved ones). Swimming and water aerobics are also good options, since exercising in water reduces strain on the joints.

Seniors can help themselves stay motivated by finding a 'gym buddy' or joining a class. A regular routine, such as working out with a personal trainer or joining a dance class, can keep an activity regimen on track.

A 2011 survey by Norwegian researchers found that exercising at any level is associated with better physical and mental health, especially for older men and women.

Having a financial plan in place can make it easier for seniors to stay active and healthy after retirement. And those working with a financial advisor are more likely to have a retirement savings goal, according to the Insured Retirement Institute.

So whether that's cycling along the Dalmatian Coast in Croatia or learning to salsa, they'll be able to pursue those goals long into their golden years.

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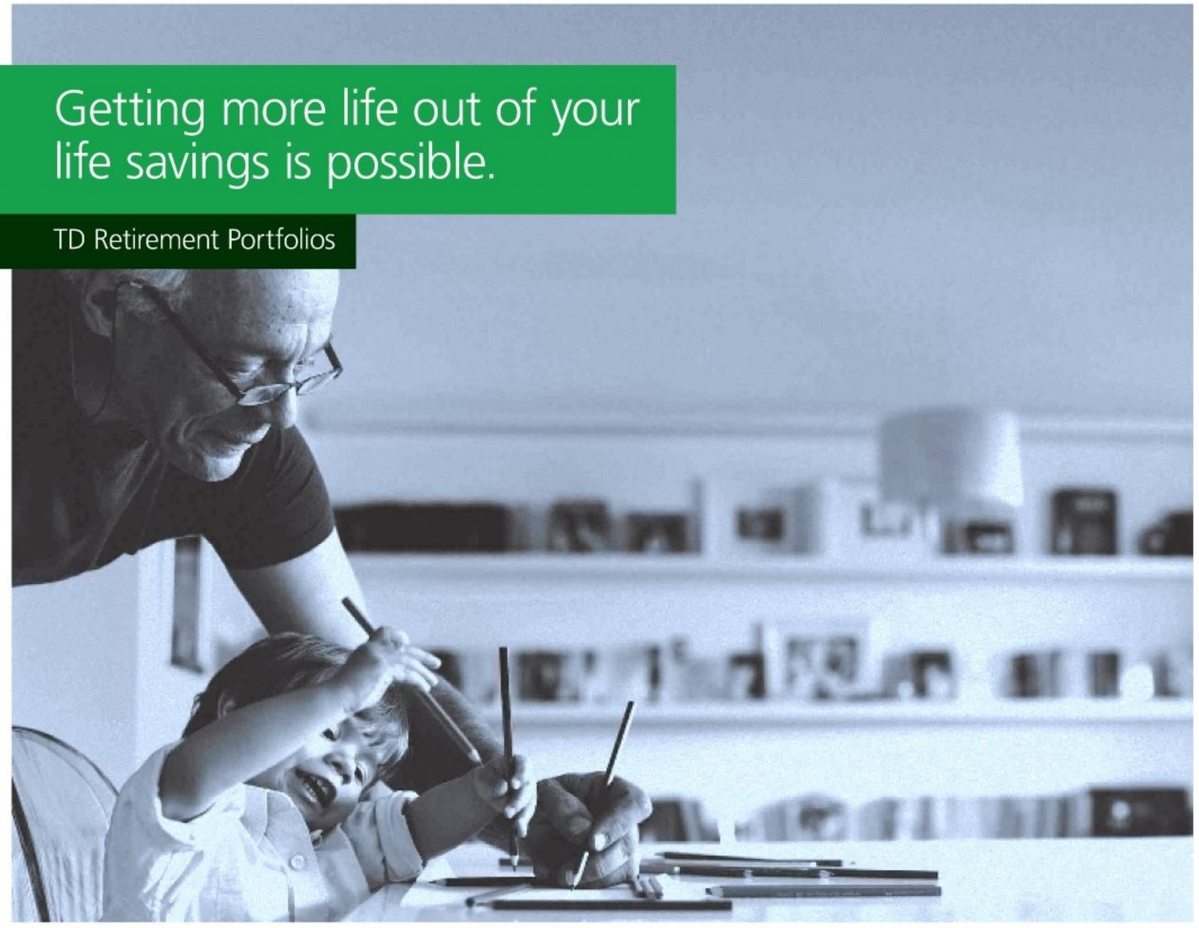

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Golden-year volunteers

RETIREMENT YEARS

Helping others can give retirees a sense of purpose

Vawn Himmelsbach

Few seniors plan to lie around on the couch all day and watch TV during their retirement years.

But many newly retired seniors find themselves bored or even depressed without a daily routine or feeling of greater purpose.

A sense of purpose can add years to your life, according to researchers from Carleton University in Ottawa and the University of Rochester in New York, who published their 2014 study in Psychological Science. After tracking 7,000 adults for 14 years, they found those who had a purpose or direction in life outlived those who did not.

And in a research study led by the Rotman Research Institute at Baycrest Health Sciences, Canadian and American scientists examined 73 studies published over the past 45 years involving adults aged 50-plus in volunteering roles. The results were consistent: volunteering was linked to reductions in symptoms of depression, better overall health and greater longevity.

Volunteering offers a way for seniors to give back to the community while staying active and socially involved. It doesn't have to become a full-time commitment — there are countless opportunities for volunteering, from helping out at a food bank to walking dogs at an animal shelter to mentoring youth.

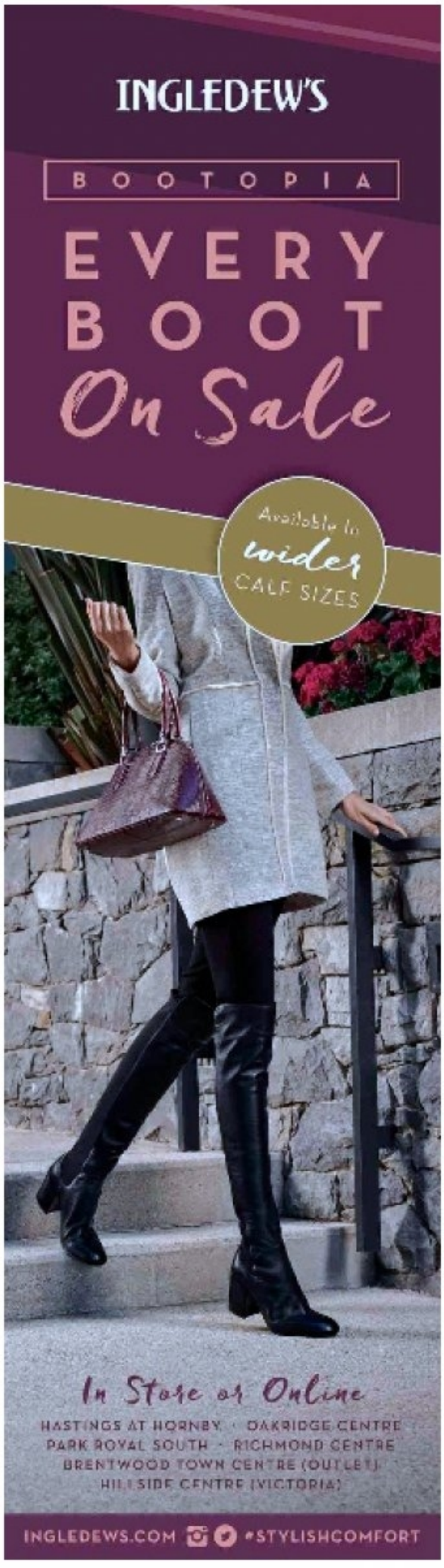
There's also an opportunity for retirees to use the skills and expertise they've built up over a lifetime. Many non-profits, for example, need help in areas such as accounting, management and marketing, but don't have the budget for it.

On the other hand, retirees may want to try something entirely new. That could mean learning a skill or hobby they've always been interested in but never had time for. Those new skills and hobbies could also be put to good use for a non-profit.

Resources such as Volunteer Canada (volunteer.ca) can help retirees find a volunteer position, and the Canadian Association for Retired People (carp.ca) offers an online directory of organizations looking specifically for retired volunteers.

Volunteering, however, is just that — there's no pay cheque at the end of the day. So being able to help others means having enough retirement savings to volunteer time without pay. Planning ahead, working with a financial advisor and having a retirement strategy ensures that when you retire, you can choose to use your skills to help others instead of working to pay the bills.

Volunteering offers a way for seniors to give back to the community while staying active and socially involved. ISTOCK



JOHANNA SCHNELLER WHAT I'M WATCHING

A reflection of crime, slavery

THE SHOW: 13th (Netflix)
THE MOMENT: Closing credits

The closing credits of this documentary, directed by Ava DuVernay (Selma), are accompanied by regular, everyday snapshots: mothers holding babies, fathers horsing around with toddlers, smiling children at birthday parties. Three women pose next to a giant sequoia; an older lady beams at the Grand Canyon. What is extraordinary is their ordinariness, because every person in them is black.

This doc is a calm, well-reasoned wail of anguish.

This doc is a calm, well-reasoned wail of anguish. Its title refers to the 13th amendment to the U.S. Constitution, which abolished slavery but included the fateful phrase "except as punishment for a crime." DuVernay gives us a host of thinkers from Angela Davis to Newt Gingrich who make a strong case that a campaign of mistrust and abuse of African-Americans began immediately after abolition; that it persists in the criminal justice system; and that mass incarceration and programs such as Stop and Frisk have become socially acceptable substitutes for slavery and lynching.

Director Ava DuVernay gives us a host of thinkers who make a strong case that a campaign of mistrust and abuse of African-Americans began immediately after abolition. Political activist Van Jones is featured in the documentary. CONTRIBUTED

The statistics are harrowing: in 1970, there were 358,000 Americans in prison; in 2014, 2.3 million — a disproportionate number of them black. The images are worse: chain gangs, hanged bodies, unarmed young men shot dead in the streets.

DuVernay's subjects contend that these images have power and must be shown. But she also knows they're hideously familiar. That's why the closing credit photos are such a brilliant stroke. In the U.S. circa now, the truly startling images are those of happy black people living ordinary lives.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

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Fat 16g
Saturated Fat: 5g

HERE'S WHY

Equivalent to a medium Dairy Queen Hot Fudge Sundae in fat.

When ending a holiday meal, there's nothing that hits the spot more than a chocolate treat. Moderation is the key to indulging in everything you love. You can get your chocolate fix with less calories and fat by opting for the After Eight chocolate mints which are free from artificial colours, flavours and preservatives. Ferrero Rocher chocolates up the calorie and fat content with nuts, and also contain modified palm oil which increases the saturated fat.

CONTROVERSY

P.EI. police threaten to play Nickelback to drunk drivers

A Prince Edward Island police department is threatening to impose the Nickelback treatment on anyone who drinks and drives.

The Kensington Police Service shared a social media post over the weekend promising to force any drunk drivers it arrests to listen to the Alberta band.

The post created two kinds of controversy among commenters: Those offended the police service was making a joke about drunk driving, and Nickelback fans annoyed the band was the butt of the joke.

The force said the jokes were being made in service of something it takes very seriously. THE CANADIAN PRESS

Discover which career suits you best

WORKING WORLD

Assess skills and interests to establish best prospects

Will McGuirk

The world of work is changing rapidly and it can be difficult for young people entering the workforce to find their fit. Many jobs are disappearing and many industries are being disrupted. Choosing a career path will require ongoing education not just in the skills needed for a particular job but also ongoing education about one's own innate skills and natural capabilities. Self-knowledge plus post secondary skills acquired will enable you to find the job that suits you best.

Shirley Bond, Minister of Jobs, Tourism and Skills Training and Minister Responsible for Labour says British Columbia is set to become an economic leader over the next two years and the government is projecting almost one million jobs opening up in the next ten years.

Choosing the best career path requires self-knowledge as well as education and skills. ISTOCK

"Nearly eight out of ten of these openings will require post-secondary education or trades training," says Bond. "We will continue to work with our educational institutions and training providers to ensure that we rely on the most up-to-date data in order to align training programs with labour market needs so that our young people can have the opportunity to find their fit in our diverse, strong and growing economy."

FIND YOUR FIT

Interactive program matches skills to career

Find Your Fit is a program offered by the ministry and it an opportunity for young people to assess their innate skills and interests, the plan is to find that job of best fit.

The FYF tour, available to be booked by educators or associations, creates an interactive gaming environment around 16 different stations.

Students can play and learn about careers as diverse as carpentry, nursing and transport truck drivers.

There is a special focus on tech with stations devoted to Computer and Information Systems Managers, Computer Network Technicians and Electrical and Electronics Engineers, Information Systems Analysts and Consultants, Software Engineers and Designers as well as Web Designers and Developers.

While the spotlight is for the most part trained on trades and tech, the information gleaned will allow you to discover transferable skills as well.

Questions around whether you are hands-on, techie or artistic can be answered? Whether numbers or words are your thing? Do you like codes, games; do you prefer virtual or physical engagement with the world; do you like sales or social service?

These and other questions can be answered with a FYF event.

Tours can be arranged by way of the program's page on the WorksBC website.

— WILL MCGUIRK

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- Is a student with a disability in their final year of high school or post-secondary schooling

(*eligibility criteria apply. Talk to a Case Manager to see if you qualify)

Canada British Columbia Pacific Community Resources Society WorkBC

THIS SPECIAL REPORT WAS CREATED BY CONTENT SOLUTIONS, INDEPENDENT OF METRO EDITORIAL.

Program wants students

The Federal Student Work Experience Program lets students gain job experience while they're still in school. ISTOCK

JOB OPPORTUNITIES

It's easy to apply for a federal work experience

Will McGuirk

Work at the border, on rescue boats, even in France, on Parliament Hill or in Rideau Hall, in an office or outdoors; these are just a few of the many opportunities open to students who are interested in gaining work experience while still engaged in their studies.

The Federal Student Work Experience Program (FSWEP) is accepting application for the many positions available right across the government spectrum and the application process is rather easy. One need just apply and no previous experience of the position applied for is necessary, although what you are studying will be taken into account.

The FSWEP is the main way federal organizations hire students. It is run by the Public Service Commission. The program offers hands-on experience and a wide variety of learning opportunities. There are a range of duties and responsibilities within the positions offered which include field and lab work, information technology, office and administration, trades and working outdoors.

Those jobs could be a student border services officer, an inshore rescue boat services officer or work in the student guide program in France. There is also student capital information officer and tour guide, Student Security Officer, student guide-interpreter at the official residences of the Governor General of Canada and student analyst. These positions are available onsite but 2017 will bring further opportunities.

The process is simple enough but must be completed online. It takes between 30 and 60 minutes. Full time secondary and post-secondary students apply and the hiring manager of the relevant government department requests the applications from students who match the criteria (education, language, skills, location are considerations) and a random search of matching applicants is carried out. Students are then contacted to see if they are still interested and an interview is set. Job offers are offered.

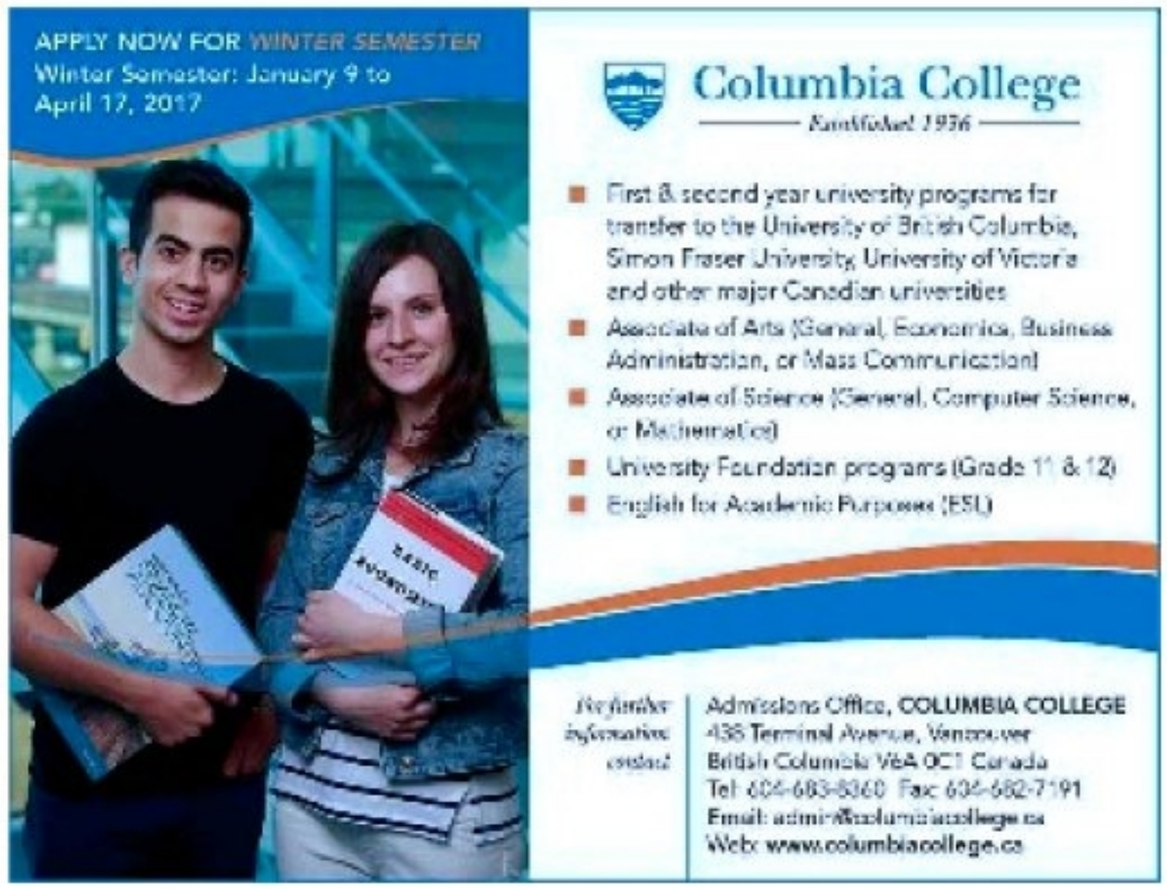
There are further opportunities open under the Aboriginal Student Employment Program and, of course, the Feds are an equal opportunity employer. All those successful applicants will be required to undergo a full security check. Those security conditions must be met before the applicant can be hired. There may also be language requirements, either English, French or bilingual as the position dictates.

On Dec. 3, the International Day of Persons with Disabilities, there will be an information session at the Roundhouse Community, Arts & Recreation Centre, 181 Roundhouse Mews (corner of Pacific and Davie), 11 a.m. to 4 p.m.

FREE EVENT

Project EveryBODY, which celebrates and honours the United Nations International Day of Persons with Disabilities, takes place on Dec. 3 at the Roundhouse. It is a free community event that the Federal Government of Canada will be attending as part of its overall inclusive outreach strategy.

"BONUS"
A $250 hiring bonus is offered after the probationary period for anyone hired in Dec or Jan with a valid security license.



metro WHEELS
Your essential daily news

Mercedes-Maybach S650 Cabriolet Limited capped at 300 units

Shaking off the third fiddle role

REVIEW

Latest A4 looks to climb the luxury sedan ladder

Jonathan Yarkony
AutoGuide.com

While the automotive marketplace moves frantically toward crossovers of every size, shape and sporting intent, the sedan is not yet forgotten or ignored, especially in the luxury bracket.

For generations, the Audi A4 has played third fiddle to the BMW 3 Series and Mercedes C-Class, but the new 2017 A4 has a chance to change all that. We wanted to take an in-depth look beneath the barely changed skin to see if it has the goods to satisfy the growing legion of Audi faithful and capture the minds and hearts of other luxury shoppers.

We booked it for a long-term test that will span the fall and winter so that we could see Quattro all-wheel drive in its element, test it against some key competitors, and put it through the rigors of life to see how it fares when the initial shine wears off.

But first, let's cover the basics. For 2017, Audi completely redesigned the A4, though you'd be hard-pressed to tell at first glance, as it merely nipped and tucked the body, with only a few subtle tweaks like headlights, taillights and the grille that really stand out from the previous generation. While the looks are barely altered, they do yield a very impressive 0.27 coefficient of drag, aiding efficiency and reducing wind noise as the air slips over the body.

If you think the powertrain is just the same old 2.0T Quattro, well, it basically is, but with incremental changes that make a world of difference. With a configuration that was ahead of its time by a couple decades in this segment, Audi has had a huge head start developing and refining turbocharged four-cylinder powerplants.

This latest iteration doesn't necessarily blow the competition away with its power, but it's as smooth and slick as any four-cylinder turbo we can think of, as is the seven-speed dual clutch automatic. It's good enough to get to go from 0 to 100 km/h in six seconds flat, but it's the 273 lb-ft of torque available from 1,600 to 4,500 rpm that make it satisfying and rewarding in every situation.

Manual transmission fans will be pleased to know that you can choose to row your own in any A4 trim as a no-cost option. However, most owners will likely stick with the 'S tronic' dual clutch auto, which is how our test vehicle is equipped.

Those that are seeking greater efficiency in an A4 have a front-wheel drive option. The top efficiency option is the Ultra powertrain, a lighter tune of the new 2.0T making 190 hp and 236 lb-ft, which promises a thrifty 6.4 L/100 km highway, 8.7 in the city and 7.6 combined, respectively. This is also the most economical model in the lineup, starting at $38,500 in Canada for the Komfort trim or $42,300 for the Progressiv trim.

THE CHECKLIST | 2017 AUDI A4

THE BASICS

Engine: 2.0-litre four-cylinder turbo
Power: 258 hp; 273 lb-ft of torque
Transmission: Seven-speed dual-clutch automated manual
Curb Weight: 1,645 kg
Fuel Economy (L/100 km): 9.8 city, 7.6 hwy, 8.6 combined
Price: Starts at $38,500

LOVE IT

- Headlights, taillights and grille stand out from the previous generation
- Android Auto/Apple CarPlay and a pair of USB ports to which you can easily connect your phone rather than Audi's proprietary plugs of generations past.
- Adaptive cruise control is top notch

LEAVE IT

- Doesn't blow the competition away with power (but still smooth and slick)

HALO CARS

Tech from the BMW i8 is trickling down to regular cars

Sami Haj-Assaad
AutoGuide.com

When it hit the market, the BMW i8 was lauded for its awesome looks and futuristic technology. A few years later, the i8's advanced powertrains and unique production methods have trickled down to regular cars in the BMW Group lineup.

That pattern describes exactly what a halo car should be: a car that sits on top of an automaker's lineup that shines a positive light on all other cars in the family. A halo car represents the very best of what is offered from a brand. It should excite potential customers and give them a peek into what the future holds, with the thought that the things that make the halo car so special will end up in regular cars.

The i8's halo effect started in the 7 Series, where BMW applied the lessons it learned in making the i8's (and i3's) carbon fiber passenger cell to the large luxury sedan. At the time of its introduction, the latest generation 7 Series sported more carbon fiber than in any mass-produced car to date. The creation of the i8 also contributed to the development of carbon fiber parts on M2, M3 and M4.

The i8's trickle-down effect is continuing with the hybrid propulsion in three cars: the 330e, the 740e xDrive, and the X5 xDrive40e. All models use a hybrid powertrain comprised of a turbocharged four-cylinder and an electric motor.

Speaking with Jose Guerrero, Product Manager for BMW i and BMW M, he explained that the main focus for BMW is to not let the new hybrid vehicles feel like something boring to drive.

To do that, they looked to the exhilarating BMW i8, a car that is commonly described as a blast to drive, despite its relatively low power numbers (357 hp). The fun-to-drive nature comes through an e-Boost feature that uses the electric motors to provide extra acceleration.

At the same time, the BMW hybrids cars are extremely fuel friendly and can be plugged in — they have an all-electric range of 23 kilometres on a single charge.

Carbon-fibre parts and hybrid powertrains are some of the gifts the i8 is lending to other models. COURTESY BMW

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‘Joyful lifestyle’ of car ownership

CS LINE

BMW planning hotter M models

BMW has filed a number of new trademarks that point toward an entire lineup of new performance vehicles. The German brand filed to protect M1 CS through M8 CS with the World Intellectual Property Organization, suggesting that an entire range of new ‘CS’ models are coming. Spy photographers recently caught BMW testing two versions of its upcoming M4 model.
STEPHEN ELMER/AUTOGUIDE.COM

MERCEDES-AMG

Hypercar wants to be efficiency king

Mercedes-AMG is bringing its F1 technology to the streets in an upcoming hypercar, and when it arrives, the German automaker wants it to be the efficiency king. “Outstanding performance with more than impressive efficiency,” was how chief executive of AMG Tobias Moers described the new hypercar. “It will meet emissions regulations worldwide, but we’re still confident that we’re going to have 40 per cent (thermal efficiency).”
STEPHEN ELMER/AUTOGUIDE.COM

NIO EP9

World’s fastest e-car not a Tesla

Say hello to the NIO EP9, what is being touted as the world’s fastest electric car. NIO is a new global brand from Chinese automaker NextEV, with the EP9 electric supercar helping launch the new nameplate. According to NIO, the “visionary electric car brand will help users rediscover the ‘joyful lifestyle’ of car ownership by creating inspiring vehicles that deliver superior performance, a new benchmark for aesthetic design and unique user experiences.”
So far it’s hard to argue that the NIO EP9 doesn’t hit high marks in all those categories, having set a Nurburgring lap record for electric vehicles, turning in a time of 7:05.12. If you want to put that into persepective, that’s faster than a Nissan GT-R NISMO that has documented 7:08.679 lap time. In addition, the EP9 smashed the EV record at Circuit Paul Ricard in France.
JASON SIU/AUTOGUIDE.COM

SMART DRIVE MUSTANG

Power Wheels indeed

Ford and Fisher-Price have worked closely together to create the Power Wheels Smart Drive Mustang. Sized just for kids, it’s amazingly realistic. New for Power Wheels vehicles is the Smart Drive system, which is essentially the brand’s first computer-controlled powertrain that adds features like traction control, stability monitoring, digital speed control, battery monitoring, as well as slow start and stop. The computer has the ability to monitor for wheel slip, adjusting motor speeds to help keep the car stable while going over wet grass or bumpy terrain. In addition, a tilt sensor can detect when the car is reaching dangerous angles, turning off the motors to prevent rollovers. Parents can also easily control top speed, which ranges from two to eight km/h, as well as check battery charge level on a backlit LED touch interface. JASON SIU/AUTOGUIDE.COM

IN BRIEF

The fastest Lotus Exige ever
Lotus has unveiled yet another model not heading to North America. The latest introduction is the Lotus Exige Sport 380, what the British automaker is calling a “supercar killer.” It’s also being touted as the most aggressive iteration yet for the Exige model, as well as being the fastest Exige ever with a zero-to-97 km/h time of 3.5 seconds. Continuing its obsession with putting its cars on a diet, Lotus has the Exige Sport 380 tipping the scales at 1,066 kilograms dry, giving it a power-to-weight ratio of 352 horsepower per ton, with its 3.5-litre supercharged V6 providing 375 hp and 302 pound-feet of torque. JASON SIU/AUTOGUIDE.COM

4 BEST RACING GAMES OF ALL TIME

There was once a time where video games didn't feature high-definition graphics and 60 frames per second. Here are our top picks from over the years: **JASON SIU/AUTOGUIDE.COM**

1 Forza Motorsport 4

There was a time that most every gamer believed that no driving simulator would dethrone Gran Turismo. And then Microsoft came along with Forza Motorsport and made its own contender for its Xbox systems. It was a really tough decision not to put a Forza Horizon game in this spot, but we wanted to avoid the redundancy of having two Forza titles on our list. Truth be told, if you love open world racing games, nothing is more satisfying or more in-depth than what Forza Horizon has to offer. But if you're a gearhead and want to track world famous tracks while enjoying a giant collection of cars, including the oddball Pontiac Aztek, then there's nothing better than a Forza Motorsport entry. So why is Forza Motorsport 4 at the top of our list? To us, it was the most polished of all the entries and its gameplay suited both casual and hardcore gamers. Plus it had a massive car and track list to choose from, and surprisingly, it has aged really well.

2 Gran Turismo 3

With so many Gran Turismo games to choose from, it's really hard to pick just one, but 3 was the first Gran Turismo on the PlayStation 2, so at the time, it felt next generation and had a roster of cars like no other racing game available. It also came long before video games began focusing on microtransactions and DLC packs, meaning once you paid for the game, you got all the content you needed.

3 Super Mario Kart

You can't have a list of racing games without including any of the Super Mario Kart games from over the years. While the latest Mario Kart 8 on the Wii U brings high-definition graphics to the franchise for the very first time, we can't look past the original Super Nintendo version that really started it all. Originally released in 1992, Super Mario Kart featured a roster of iconic Mario Bros. characters and was a kart racing game that offered a variety of gameplay modes, including a player vs. player combat. The series has turned Rainbow Road into an iconic, virtual track while blue and red shells have probably caused a breakup or two.

4 Need for Speed: Most Wanted

Before there was Gran Turismo and Forza Motorsport, there was Need for Speed. The series has such a rich history that a movie has been made based on it. In 2005, Need for Speed: Most Wanted was released on various platforms, but it enjoyed the most success on the PlayStation 2 and Xbox. It went on to become the best-selling title in the series, spawning a reboot of the game in 2012 for the PlayStation 3, Xbox 360, PlayStation Vita, Wii U and mobile devices.

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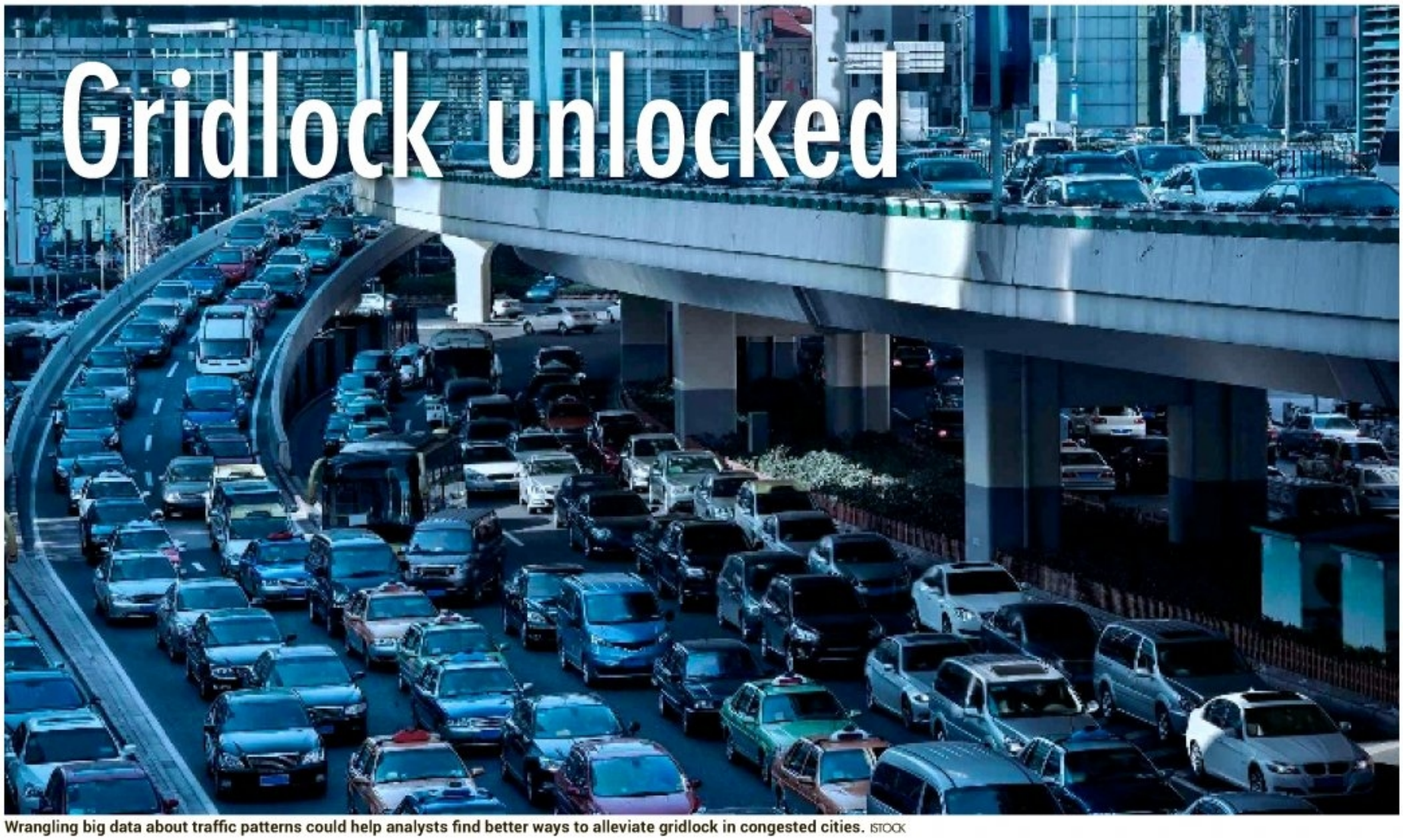


Wrangling big data about traffic patterns could help analysts find better ways to alleviate gridlock in congested cities. ISTOCK

How big data can help city planners ease traffic congestion

It's a safe bet that if you get Canadians from any city together, someone is going to complain about the traffic. It comes as no surprise to commuters that Toronto, Vancouver and Montreal have been recently listed as some of the most congested cities in North America: the average driver can expect to spend nearly 30 per cent more time in their cars due to congestion, which amounts to more than 125 hours of extra travel time per year.

One of the potential solutions to the growing gridlock problem — and to many other challenges in large, metropolitan areas — is "big data." Staggering amounts of data are created every second, thanks to the information generated by the billions of smartphones and connected devices interfacing with mobile networks around the globe. Big data can illuminate patterns and trends, and several big cities are looking for ways to harness these masses of information to improve everything from traffic and transportation networks to emergency services and utilities.

Jesse Coleman is the Big Data Innovation team lead for the City of Toronto. His group is building up the city's analytical capability so they can leverage new and emerging forms of transportation data. Toronto Mayor John Tory created the team last year to deal with the congestion issue.

"Vehicles can be thought of as moving sensors," Coleman explains. "Most are carrying GPS-enabled smartphones or have GPS navigation technology, and most large fleets — buses, taxis, delivery vehicles, etc. — are all being tracked." His team's goal is to wrangle all that information to understand how traffic is moving through the city and find ways to make it easier for people to get where they need to go.

Transportation engineers and planners have always relied heavily on data to determine how people move around. Much of that data was gathered through market research and surveys. Pictures were collected; vehicles, bicycles and people were counted by hand. But collecting data that way can be expensive, and it only captures a small percentage of travellers. "This gets that type of data collection to a whole new level," says Coleman.

The insights uncovered by Coleman and his team are already helping the city to manage its streets more effectively by enabling more-informed decisions about parking regulations, traffic signals, and more. "We can now see specific places where congestion is negatively impacting streetcars or buses," he says. "By looking at the data, we can prioritize and strategically address the biggest inconveniences to Torontonians."

Toronto isn't alone in harnessing the power of big data to ease traffic congestion. Anonymized information gathered from cellular towers is helping to plan smarter transportation networks around the world. In Wales, telecommunications company Vodafone partnered with the Welsh government to analyze mass-movement patterns throughout the country and identify the demands placed on the transit infrastructure. Over a period of three weeks, Vodafone analyzed more than six million journeys across highways in South Wales, providing invaluable insights that are now being used to inform the planning of new roads and public transportation systems.

As governments increasingly turn to data-driven decision making, new privacy standards are emerging to ensure that the benefits of big data can be realized while safeguarding citizens' personal information. Data — such as movement patterns throughout a wireless network — can be stripped of any personal information before it's analyzed. This process is referred to as "de-identification." The de-identified information is then aggregated into massive bulk data sets using complex algorithmic models, which ensures that no data can be linked back to its source.

"We don't use any information that could identify any individual. We take that seriously," says Coleman. "Breaches would completely compromise everything we do, so we always incorporate privacy as the first priority."

According to Michael Cihra, vice president of Internet of Things at TELUS, while big data has big potential to benefit nearly every aspect of our lives, its greatest impact could be simply shortening our daily commute. "Just imagine how more productive and less stressed we'd be if we spent less time stuck in traffic each day, not to mention the environmental benefits," he says. "Transportation is a huge quality-of-life issue that Canadians would love to see prioritized by their governments."

In a smart city, movement patterns can be used to optimize traffic-light sequences based on real-time traffic flow, sensors can make it simple to find and pay for parking using an app, and predicative analytics can be used to prevent bus, streetcar and subway breakdowns before they occur.

"As we harness the power of big data, we are going to see smarter cities with more effective infrastructure and more efficient public transportation," says Cihra. "It's going to have a tremendous impact on our lives."

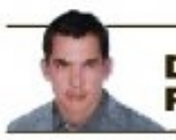
TELUS

metro SPORTS

"Win a major and you're done. But if you win a major, you're going to want to come back": Tiger Woods ponders the best way to end a golf career

Chapecoense, the team behind a Brazilian soccer Cinderella story, seen here before last Wednesday's match against Argentina's San Lorenzo, was on the way to Medellin, Colombia, for first leg of the Copa Sudamericana final against Atletico Nacional when their plane crashed Monday night. NELSON ALMEIDA/AFP/GETTY IMAGES

Chapecoense: Soccer dream turns nightmare



Dave Feschuk

They were living what many would consider a fantasy lifestyle: Young men on a charter plane, travelling together to play a boy's game for money and glory and community pride.

But late on Monday night, not far from Medellin, Colombia, that fantasy ended in brutal fate. A plane carrying 77 people, including members of Brazil's Chapecoense soccer club, crashed. Reports said six passengers survived: three players, two crew members and a journalist.

The team, which had been enjoying a dream season en route to Colombia to play one of the biggest games in its history, had been the talk of South American sports. An underdog squad from a city of about 200,000, as recently as 2009 the club had been a fourth-division afterthought. Last week they advanced to the final of the Copa Sudamericana, the continent's second biggest club competition; an equivalent to the UEFA Europa League. Victory in this championship would have gone a long way toward providing the belief that the future was limitless.

"Before boarding, they said they were seeking to turn their dream into reality," Plinio David de Nes Filho, the club's chairman of the board, told reporters in Tuesday's grim light. "This morning, that dream is over." And so the sports world mourned another in a line of doomed teams decimated by air-travel tragedy.

On Tuesday, Toronto FC sent out "thoughts and prayers" via Twitter to the stricken club a continent away. Spanish giants Barcelona and Real Madrid held moments of silence before training sessions. France's top teams promised similar tributes. Chapecoense's acting president vowed to rebuild the team: "The dream is not over. We will fight back when it's time."

Brazilian soccer great Pele pronounced the crash "a tragic loss," and the sport's spiritual homeland mourned the horrible end to a Cinderella story, a team that defied the odds even at its tragic conclusion.

Dave Feschuk is a sports columnist with the Toronto Star

HOCKEY

Canucks not lacking motivation for juniors

Hockey Canada's Scott Salmond feels there will be no shortage of motivation for the Canadian players at the 2017 world junior hockey championship.

Canada didn't make it past the quarter-finals at the 2016 tournament in Helsinki, falling to eventual champion Finland. Salmond says that disappointing loss has players feeling like they have something to prove at the Dec. 26-Jan. 5 event in Montreal and Toronto.

"I think there was a level of embarrassment to the result last year," Salmond said Tuesday after the team's camp roster was announced. "I don't necessarily think to the performance, but to the result. I think there's some guys like Dylan Strome, who is very focused on trying to redeem what happened last year."

Strome, an Arizona Coyotes prospect who plays for the OHL's Erie Otters, is one of five returning players who will compete for a spot on Canada's 22-man roster. THE CANADIAN PRESS

NHL CANUCKS EDGE WILD IN THRILLER Minnesota Wild's Chris Stewart, right, and Vancouver Canucks' Ben Hutton collide during the first period in Vancouver, B.C., on Tuesday. The Canucks went on to win 5-4. DARRYL DYCK/THE CANADIAN PRESS

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Impact-TFC semi will make history

SOCCER

Whichever team wins will be first to play in MLS Cup

Michael Bradley, left, and Sebastian Giovinco will be looked on to lead TFC Wednesday. NATHAN DENETTE/THE CANADIAN PRESS

Not since the heyday of the NASL has Canadian club soccer had such a stage.

On Wednesday night before a record BMO Field crowd of some 36,000, Toronto FC looks to win and stay home to host the MLS Cup final. The Montreal Impact plan to defend their 3-2 aggregate lead and then head west to challenge the upstart Seattle Sounders for North America's soccer supremacy.

Either way history will be made as Wednesday's result will send a Canadian team to the MLS Cup for the first time since Toronto brought the league north of the border in 2007. The question is will it be wearing red or black and blue.

A win or tie works for Montreal. The slimmest of victories will advance Toronto.

"We feel very very good about the position we're in," Toronto captain Michael Bradley said Tuesday. "This is why you play. We have 90 minutes at home to get to a final.

"Opportunities like this aren't coming around every day and I think we have a group of guys who understand that and who are ready to embrace the game and go for it and leave everything we have on the field.

"(Wednesday) is a big day for the franchise and a big day for our players," added Toronto coach Greg Vanney.

"A chance to make history," said Montreal dangerman Ignacio Piatti.

Only the winner gets to do that. The loser will have to lick their wounds and rue missing a glorious opportunity.

The record BMO Field attendance is thanks to the temporary seats that were installed in the south end for Sunday's Grey Cup. The CFL championship drew 33,421, which was described as capacity. The soccer configuration for the stadium allows more seating.

Sebastian Giovinco, whose US$7.12-million salary is bigger than that of the entire Montreal payroll according to MLS Players Union figures, is the man to watch today in a Toronto uniform.

He drew rough treatment in Game 1 from the Montreal defence and was unceremoniously dumped from behind three minutes into the game by fullback Hassoun Camara. Giovinco, a five-foot-four pitbull who is also a Picasso on the ball, was quick to look back — like a hockey player taking the number of the opponent who has just hammered into the boards.

Look for Giovinco to try to make a statement quickly, as he did in the second leg of the conference semifinal against New York City FC when he scored in the sixth minute to open the floodgates in a 5-0 win at Yankee Stadium. The Italian wizard scored a hat trick that night.

Like Giovinco, Bradley and fellow TFC designated player Jozy Atidore relish the big stage, according to Vanney.

THE CANADIAN PRESS

NCAA

Alabama still No. 1

Ohio State held firm at second in the U.S, college football playoff rankings, putting the Buckeyes in position to become the first team to be selected to the final four without winning its conference.

The second-to-last rankings were released Tuesday night and Alabama was No. 1, followed by Ohio State, Clemson and Washington. The final rankings and playoff pairings will be released Sunday.

THE ASSOCIATED PRESS

FOOTBALL

NFL suspends Bill for medical pot use

The NFL suspended Buffalo Bills offensive tackle Seantrel Henderson for 10 games for what the player's agent says stems from his client using marijuana to relieve the effects of Crohn's disease.

The Bills announced the league notified them on Tuesday of Henderson's suspension for violating the league's substance abuse policy.

It's Henderson's second suspension this year after he served a four-game ban to start the season.

Henderson's agent, Brian Fettner, called the league's decision "heartbreaking," and added he cannot appeal the suspension because the NFL doesn't allow an exemption for medical marijuana use.

"His situation is unique, but the drug policy doesn't line up with the uniqueness. It's disappointing," Fettner said.

THE ASSOCIATED PRESS

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MAKE IT TONIGHT

Easy One-Pot Chicken Cacciatore

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Is there anything that brings mouths to the kitchen quicker than the smell of a stew?

Ready in 30 minutes
Prep time: 10 minutes
Cook time: 20 minutes
Serves 4

Ingredients
- 1 Tbsp olive oil
- 4 boneless, skinless chicken thighs
- Salt and pepper
- 1 lb mushrooms, cleaned, trimmed and sliced
- 3 cloves of garlic, minced
- 1 Tbsp rosemary, minced
- 1 x 19 oz canned whole tomatoes
- 1 x 15 oz canned cannellini beans, rinsed and drained
- Salt and pepper to taste

Directions

1. Pour oil into a large Dutch oven or pot over medium heat. Slice the chicken thighs into about four pieces each and season them with a good pinch of salt and pepper. Working in batches, brown the meat. Don't worry about cooking it through. When the meat is brown, set it aside on a clean plate, drain off all but 2 Tbsp of fat.

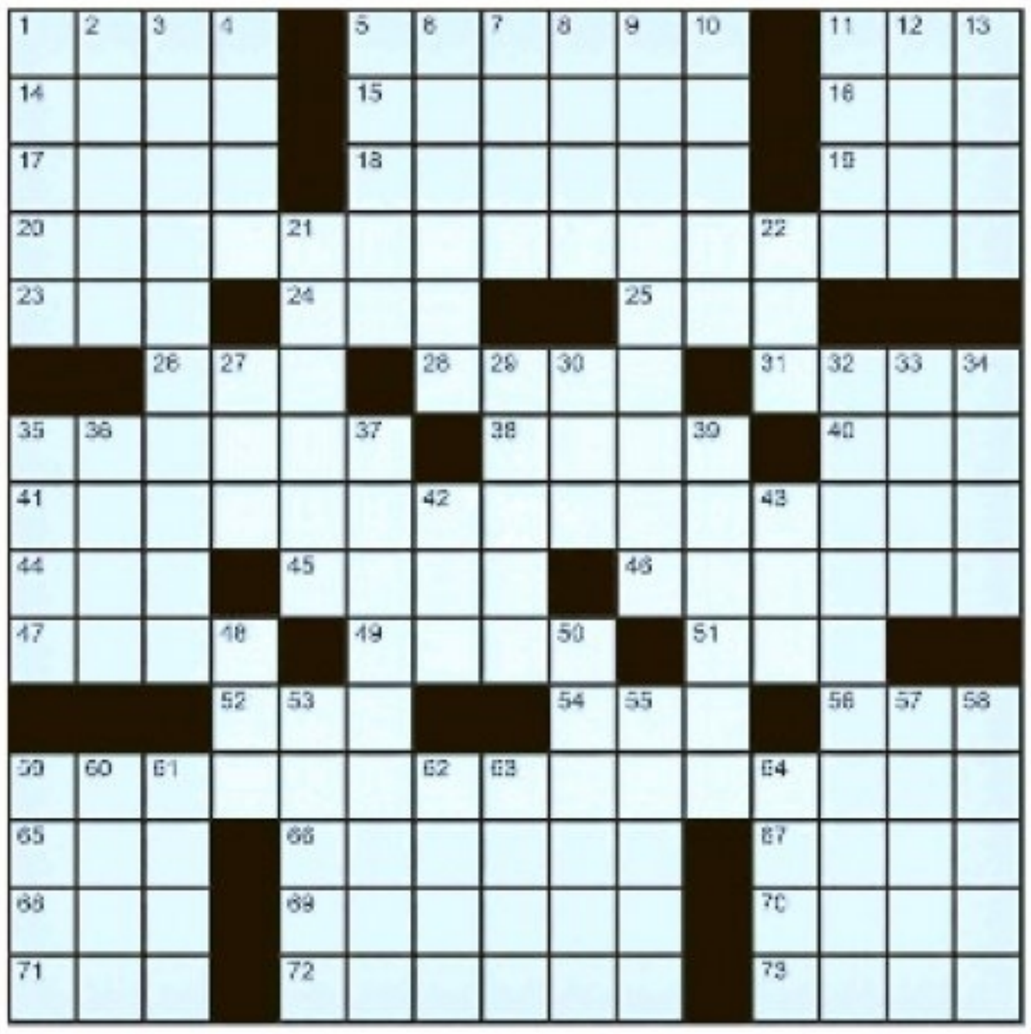
2. Reduce heat slightly and toss in mushrooms. Once they've cooked down, about three minutes, add the garlic and rosemary and sauté for another minute.

3. Now add your tomatoes and beans. Use the back of a wooden spoon to break up the tomatoes. Add the cooked chicken pieces and allow everything to simmer for about 15 or 20 minutes. Taste to check seasoning and add salt and pepper to taste.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. "__ the Knife"
5. Fiercely criticize
11. Bashful
14. Get __ deal
15. The Grand __
16. The Raven's writer
17. Village People hit
18. __ long pause (When the sentence was continued, perhaps)
19. Gremlin
20. Where crews work in theatre: 3 wds.
23. Wide shoe width
24. That, in Tijuana
25. Flight-leaving info
26. Cornfield call
28. Virtually, in verse
31. Swindle
35. Sister of Moses
38. Vardalos and Peeples
40. Sherbrooke 'street'
41. As a home outfitted with upgrades to keep heat in and drafts out: 2 wds.
44. Mailing request [acronym]
45. Existence
46. Go around
47. Cross of ancient Egypt
49. Contract condition
51. No longer working [abbr.]
52. Whiz
54. 'Hect' ender
56. 'Lobby' suffix
59. St. Lawrence... How Jacques Cartier spent his early time in the New World: 3 wds.
65. UK honour [acronym]
66. Denzel Washington football movie, "Remember the __" (2000)
67. Dame __ Te Kanawa (New Zealand opera star)
68. Rocky hill
69. Form a group to tackle a project: 2 wds.
70. "Let __ __" by Luba
71. Prefix to 'Clean' (Infomercial product)
72. Take to be true
73. Nice 'n Easy products

DOWN
1. "We'll see."
2. Military force, in French
3. Situated in British Columbia's Gold Country, this tourist village is northwest of Kamloops: 2 wds.
4. "The Bridge on the River __" (1957)
5. Bunches
6. 1970s-style tunic
7. Li'l literary collection
8. Chinook salmon
9. Mane's material: 2 wds.
10. Legislate
11. Whirl
12. Dwelling
13. Uh-huhs
21. Yanni's music: 2 wds.
22. Mr. Asner's
27. Ventilate
29. Deduce
30. Image file type
32. Michelangelo's gift
33. Jane, to Bridget Fonda
34. Apportion
35. Geological flattop
36. __ __ instant
37. CBC's "Murdoch __"
39. Sporty points-getter
42. Compass point
43. 'Favour' finisher
48. Mr. Holbrook
50. "__, P.I."
53. Terra __
55. Rudolf Erich __ (18th-century writer of Baron Munchausen tales)
57. The Red __ (RCMP dress uniform)
58. Three-membered groups
59. 'External'-meaning prefix
60. Gaming console name
61. Roz's portrayer on "Frasier"
62. "Take __ __ a blessing."
63. "__, the Killer Whale" (1966)
64. "__ __ you not!" (Seriously!)

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Be careful about endorsing political and religious ideas today, because you might be confused. Perhaps someone who is talking too fast is trying to confuse you? It could be anything.

Taurus April 21 - May 21
This is a poor day for important discussions about inheritances or how to divide or share something. You will find it difficult to stand up for your rights. Postpone this discussion.

Gemini May 22 - June 21
Relations with partners and close friends are bit fuzzy today. People are not sure who is responsible for what, or where their exact boundaries are.

Cancer June 22 - July 23
You might feel tired at work today. This is why you should not take on more than you can handle. Don't push yourself. Be reasonable

Leo July 24 - Aug. 23
Romance might be disappointing today, probably because you had unrealistic expectations. Perhaps you misunderstood what was really going on. Parents should be vigilant about their kids.

Virgo Aug. 24 - Sept. 23
During a family discussion today, you will have a tough time standing up for your rights because you feel like a second-class citizen. Don't worry — you are not second-class. This is just the feeling you have today.

Libra Sept. 24 - Oct. 23
Discussions are confusing today. In addition to this, you might spend a lot of time daydreaming. Oh well.

Scorpio Oct. 24 - Nov. 22
This is a poor day for making important decisions regarding finances and cash flow, because you are a bit confused. Assume nothing. Postpone important decisions that affect your assets..

Sagittarius Nov. 23 - Dec. 21
You feel sympathetic to others today. However, you also feel a bit helpless about your ability to help someone. It's frustrating.

Capricorn Dec. 22 - Jan. 20
Your concern for those who are less fortunate than you is genuine today. Nevertheless, you are not sure what to do. It happens.

Aquarius Jan. 21 - Feb. 19
Someone in a group situation (or possibly a friend) might sweet-talk you into something you don't really believe. If you think something fishy is going on, it is!

Pisces
Feb. 20 - March 20
Confusion with bosses and parents is likely today. Be clear in all your communication so as to avoid misunderstandings. Clarify instructions if someone asks you to do something. Assume nothing.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

	5		9	4	6		2	
4	3					5		7
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2	8	6	7	3	9	4	5	1
9	5	1	4	2	6	7	8	3
8	4	2	9	1	5	6	3	7
5	3	9	6	4	7	1	2	8
6	1	7	2	8	3	5	9	4
7	2	5	3	9	1	8	4	6
4	6	8	5	7	2	3	1	9
1	9	3	8	6	4	2	7	5

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